



FAITH-BASED ORGANIZATIONS SECTOR TELEBRIEFING

County of San Diego
Last Updated: 12/1/2021



WHEN IS THE NEXT TELEBRIEFING?



LIVE WELL
SAN DIEGO

Faith-Based Telebriefings: 1st Wednesdays of the Month

Next telebriefing: January 5, 2022 | 1pm-2pm

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 FBO Tele	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Agenda:

- Welcome & Announcements
- Medical Updates
- Reopening Updates
- National Alliance on Mental Illness Presentation
- Q&A
- Closing

Our Speakers:



MAYA SHAHAR

Community Health Promotion
Specialist - Community &
Faith-Based Organizations
Sector



ALLISON HIRAHARA

Community Health Promotion
Specialist - Community &
Faith-Based Organizations
Sector



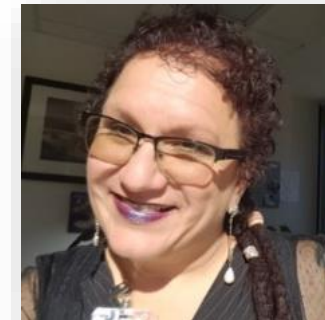
GARY JOHNSTON

Chief Resilience Officer, County
COVID-19 Response Incident
Commander, COVID-19
Reopening Lead



JENNIFER M. TUTEUR, MD

County of San Diego
Deputy Chief Medical Officer



SUZETTE SOUTHFOX

Director of Education
National Alliance on Mental Illness
(NAMI) San Diego

Welcome to the Faith-Based Organizations Telebriefing



LIVE WELL
SAN DIEGO

A few reminders before we begin:



This telebriefing is
being recorded.



Your lines are muted.



Please enter your
questions in the Q&A
Box and your comments
in the chat box.



You can email us at:
COVID-CBO-
FAITH@sdcounty.ca.gov



ANNOUNCEMENTS



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MISINFORMATION TOOLKIT



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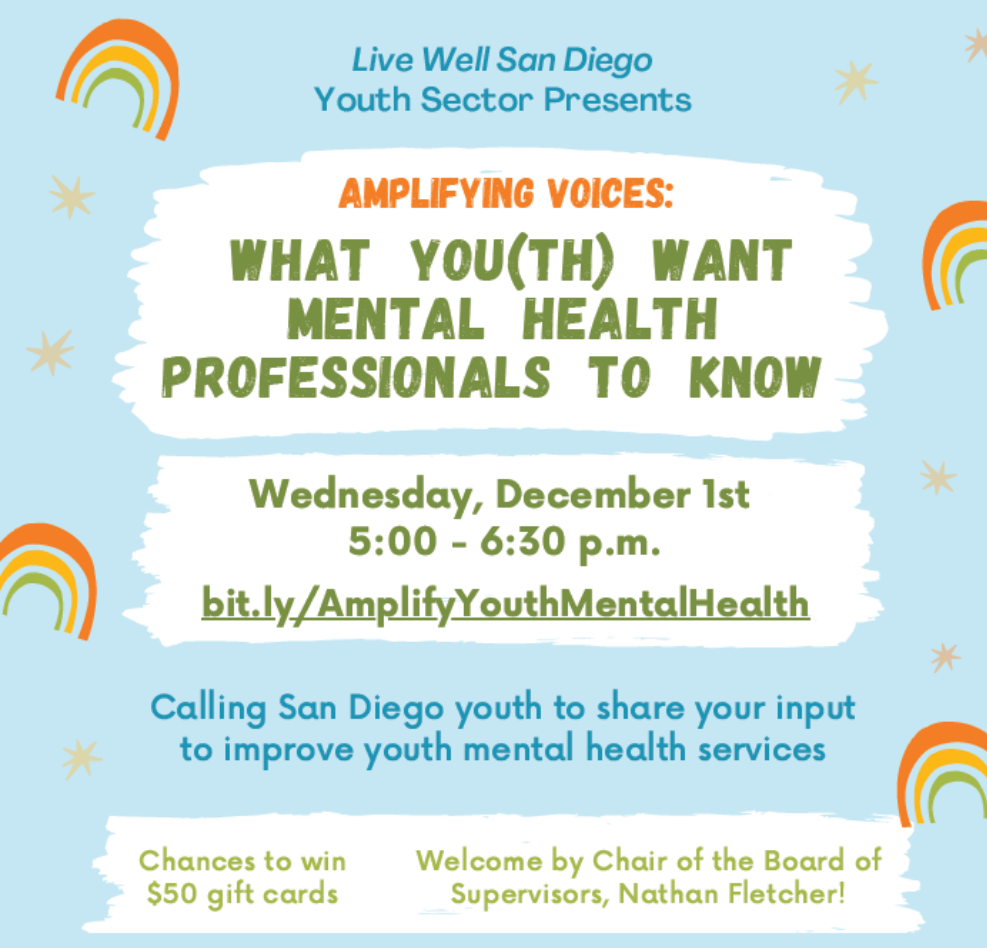


Click for the [toolkit](#) & share the [tweet](#) with your communities!

AMPLIFYING YOUTH VOICES



LIVE WELL
SAN DIEGO

The poster has a light blue background with decorative elements including rainbows and stars. The text is arranged in a central white cloud-like shape. At the top, it says "Live Well San Diego Youth Sector Presents". Below that, in orange, is "AMPLIFYING VOICES:". The main title is "WHAT YOU(TH) WANT MENTAL HEALTH PROFESSIONALS TO KNOW" in green. The date and time are "Wednesday, December 1st 5:00 - 6:30 p.m.". The link is "[bit.ly/AmplifyYouthMentalHealth](\"http://bit.ly/AmplifyYouthMentalHealth\")". Below that, it says "Calling San Diego youth to share your input to improve youth mental health services". At the bottom, it lists "Chances to win \$50 gift cards" and "Welcome by Chair of the Board of Supervisors, Nathan Fletcher!".

Live Well San Diego
Youth Sector Presents

AMPLIFYING VOICES:

**WHAT YOU(TH) WANT
MENTAL HEALTH
PROFESSIONALS TO KNOW**

**Wednesday, December 1st
5:00 - 6:30 p.m.**

bit.ly/AmplifyYouthMentalHealth

Calling San Diego youth to share your input
to improve youth mental health services

Chances to win
\$50 gift cards

Welcome by Chair of the Board of
Supervisors, Nathan Fletcher!

Meeting Link [Here!](#)

MATERNAL & INFANT HEALTH FOCUS GROUP OPPORTUNITY



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HELP RAISE AWARENESS ABOUT AFRICAN-AMERICAN MATERNAL AND INFANT HEALTH



The San Diego County Perinatal Equity Initiative invites you to participate in a 30 minute focus group about a maternal and infant health media campaign.



Receive a \$50 gift card
for participating

To be eligible, you must self-identify as African-American or Black, reside in San Diego County, be 18-40 years of age, and are one of the following:

- A woman who is currently not pregnant and has never had a baby
- A man whose partner will have a baby within 9 months or had a baby within the last 2 years



Email Tasha.Lewis@sdcounty.ca.gov
if you are interested or have questions



Email tasha.lewis@sdcounty.ca.gov if you are interested or have questions!

SHIGELLA FACT SHEET



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SHIGELLA

Highly contagious diarrheal illness



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SHIGELLA CAUSES DIARRHEA, FEVER, AND STOMACH PAIN

Shigella is a germ that spreads easily and causes:



- Diarrhea (may be bloody)
- Fever
- Stomach pain
- Dehydration (e.g., dry mouth, dark yellow urine, dizziness)



**CONTACT A
HEALTHCARE
PROVIDER FOR
TESTING &
TREATMENT IF YOU
THINK YOU MAY
HAVE SHIGELLA.**

HOW SHIGELLA SPREADS

Shigella germs can spread through tiny, invisible bits of poop (stool) that people touch and then accidentally ingest. These germs can also contaminate food and water. **This can happen when someone has *Shigella* and:**



**Doesn't wash their hands
after using the toilet.**



**Prepares food for
others.**



**Contaminates
water.**



Has sex.



MEDICAL UPDATES

*JENNIFER M. TUTEUR, MD, FAAFP
DEPUTY CHIEF MEDICAL OFFICER
MEDICAL CARE SERVICES DIVISION
COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY*

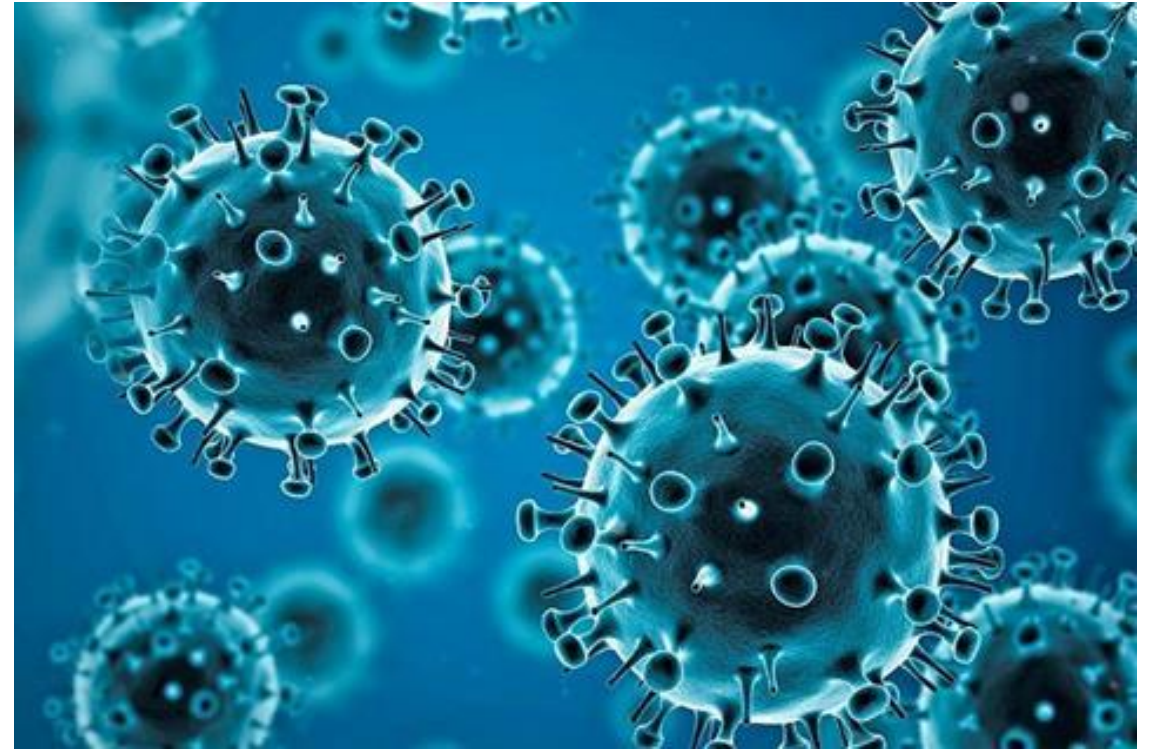


OMICRON VARIANT



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- On November 26, 2021, the World Health Organization classified a new variant, B.1.1.529, as a Variant of Concern and named it Omicron.
- The first case of this variant was identified in CA today (12/1).
- The CDC, WHO, and other global public health partners are working to learn more about the variant and monitor its spread.



[CDC Statement on the Omicron Variant](#)

[WHO: Omicron, Variant of Concern](#)

OMICRON VARIANT



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WHAT WE KNOW:

How to prevent the spread of COVID-19

- Get fully vaccinated if you are 5 years and older
- Get a booster dose if you are 18 years and older
- Wear a well-fitting mask
- Wash your hands frequently
- Physically distance from others

WHAT WE DON'T KNOW (YET):

- The effectiveness of the vaccines for preventing cases, hospitalizations, and deaths from the Omicron variant
- The effectiveness of monoclonal antibodies to treat and prevent COVID-19
- How effectively the variant spreads
- The severity of COVID-19 symptoms

TESTING & VACCINATION IN SAN DIEGO COUNTY



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TESTING

Your Healthcare
Provider

County
Testing Sites

Community
Testing Events



VACCINATION

Your Healthcare
Provider

County
Vaccination Sites

Community
Vaccination Events



COVID-19 VACCINE ELIGIBILITY



First 2 doses:

Anyone ages 5
and older

Booster dose:

Anyone ages 18+ who
received the second
dose at least 6 months
ago **should** get a
booster



First 2 doses:

Anyone ages
18 and older

Booster dose:

Anyone ages 18+ who
received the second
dose at least 6 months
ago **should** get a
booster



First dose:

Anyone ages
18 and older

Booster dose:

Anyone ages 18+ who
received the first dose
at least 2 months ago
should get a booster

BOOSTERS FOR 16-17 YEAR OLDS



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New York Times: Pfizer to Seek Approval for Boosters for 16- and 17-Year-Olds



- This week, Pfizer is expected to apply for approval for a booster dose for 16- and 17-year-olds.
 - If approved, this would be the first booster available for people under 18 years old.
- The FDA could authorize the booster within roughly a week.

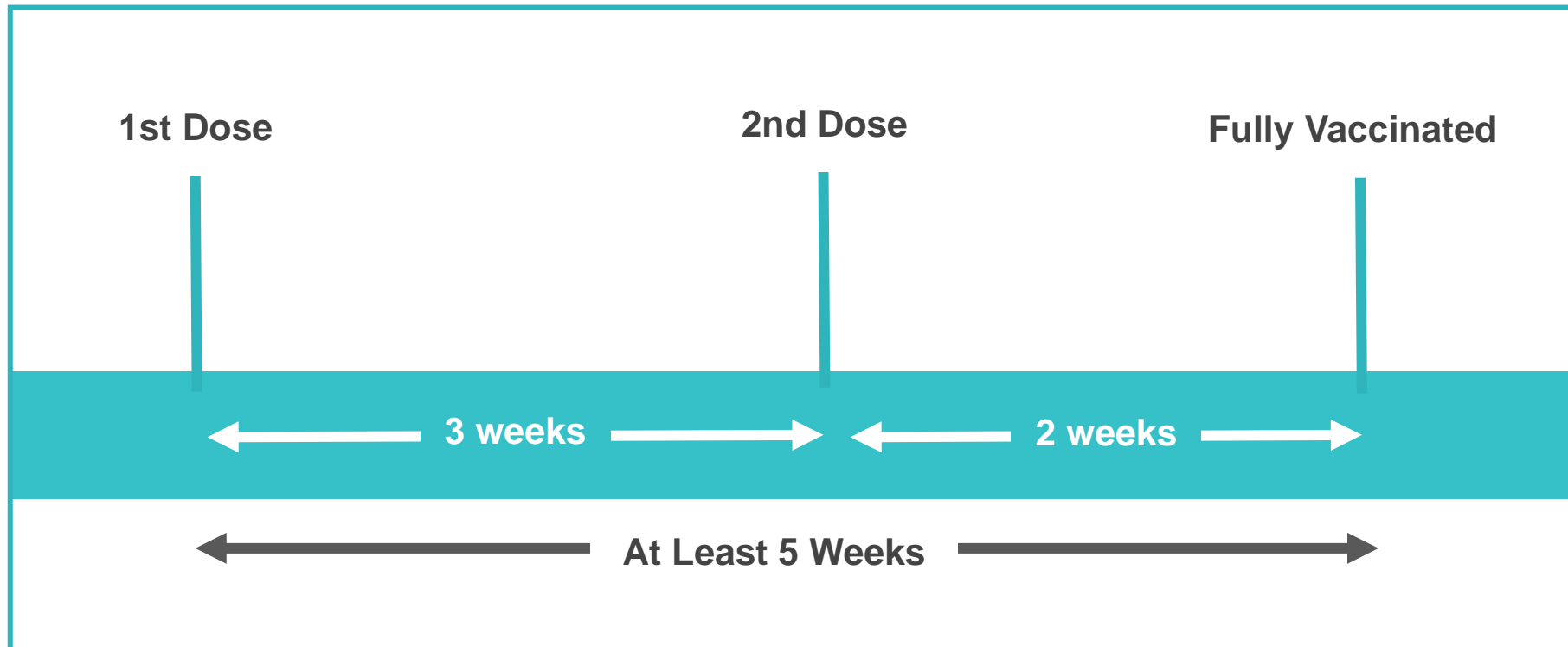
COVID-19 VACCINE FOR 5-11 YEAR OLDS



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The Pfizer vaccine is a 2-dose series given 3 weeks apart. Children are considered fully vaccinated 2 weeks after they get the second vaccine dose.

**Keep this timeline in mind if you are planning to
vaccinate your children before the holidays!**




VACCINATING CHILDREN REDUCES THEIR RISK





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Estimated benefits for every million Pfizer-BioNTech COVID-19 vaccinations in children 5-11 years of age using recent incidence

Females 5-11 years

 **57,301** COVID-19 cases prevented


 **191** hospitalizations prevented


 **130** MIS-C cases prevented


 **60** ICU admissions prevented

Males 5-11 years

 **56,954** COVID-19 cases prevented

 **226** hospitalizations prevented

 **130** MIS-C cases prevented

 **72** ICU admissions prevented

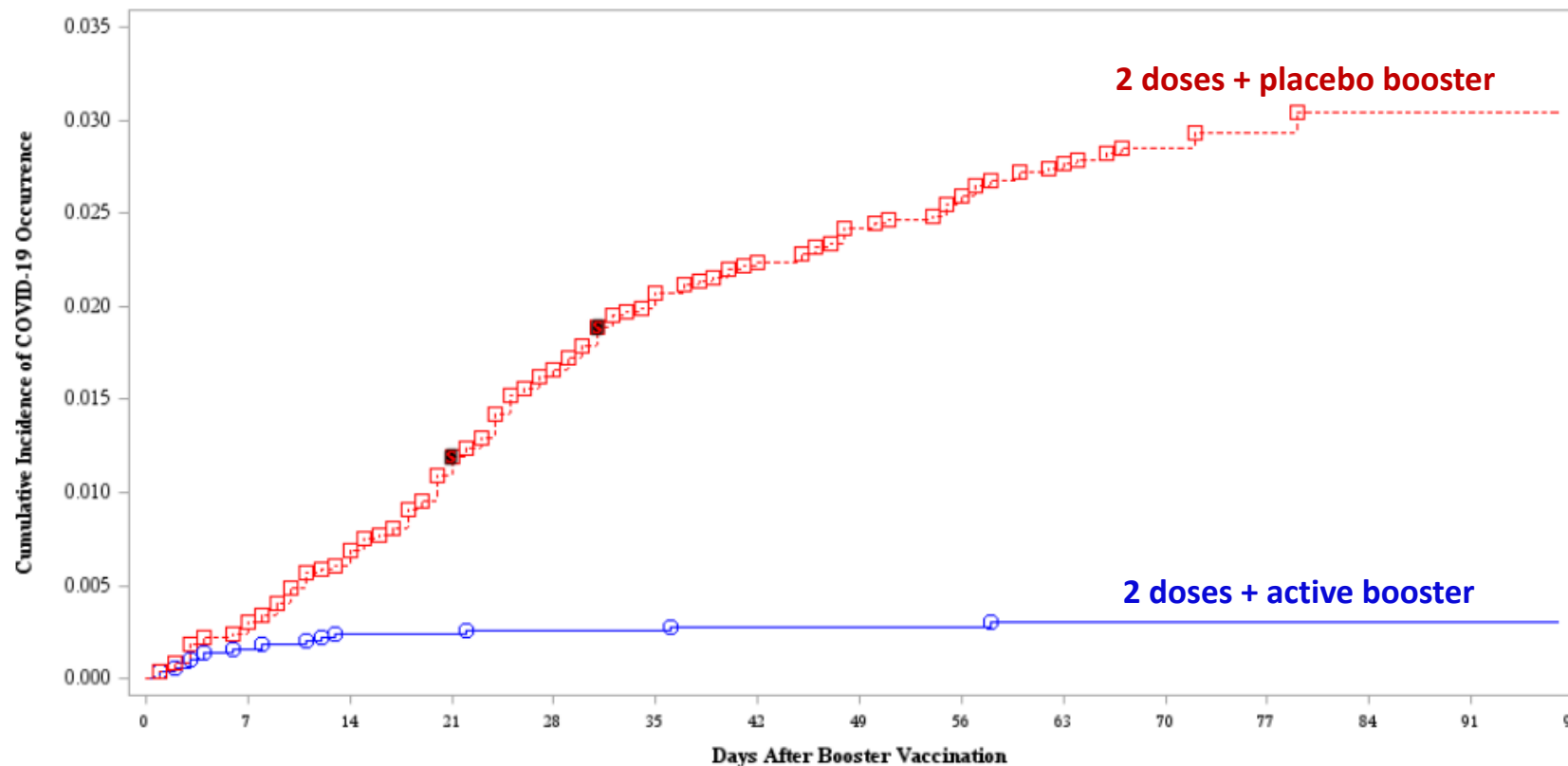
Assumptions: Benefits accrue over 180 days (6 months); VE against symptomatic COVID-19: 90%; VE against hospitalization: 95% Data Sources: COVID Data Tracker. <https://covid.cdc.gov/covid-data-tracker/#vaccination-demographic>. COVID Data Tracker https://covid.cdc.gov/covid-data-tracker/#trends_dailycases. COVID-Net https://gis.cdc.gov/grasp/COVIDNet/COVID19_3.html. All data are from the week ending on 9/11/2021.

EFFICACY OF THE PFIZER BOOSTER



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Cumulative Incidence Curve for First COVID-19 Occurrence After Booster Vaccination – All Available Efficacy Population
Curves diverge rapidly, starting even before 7 days after booster



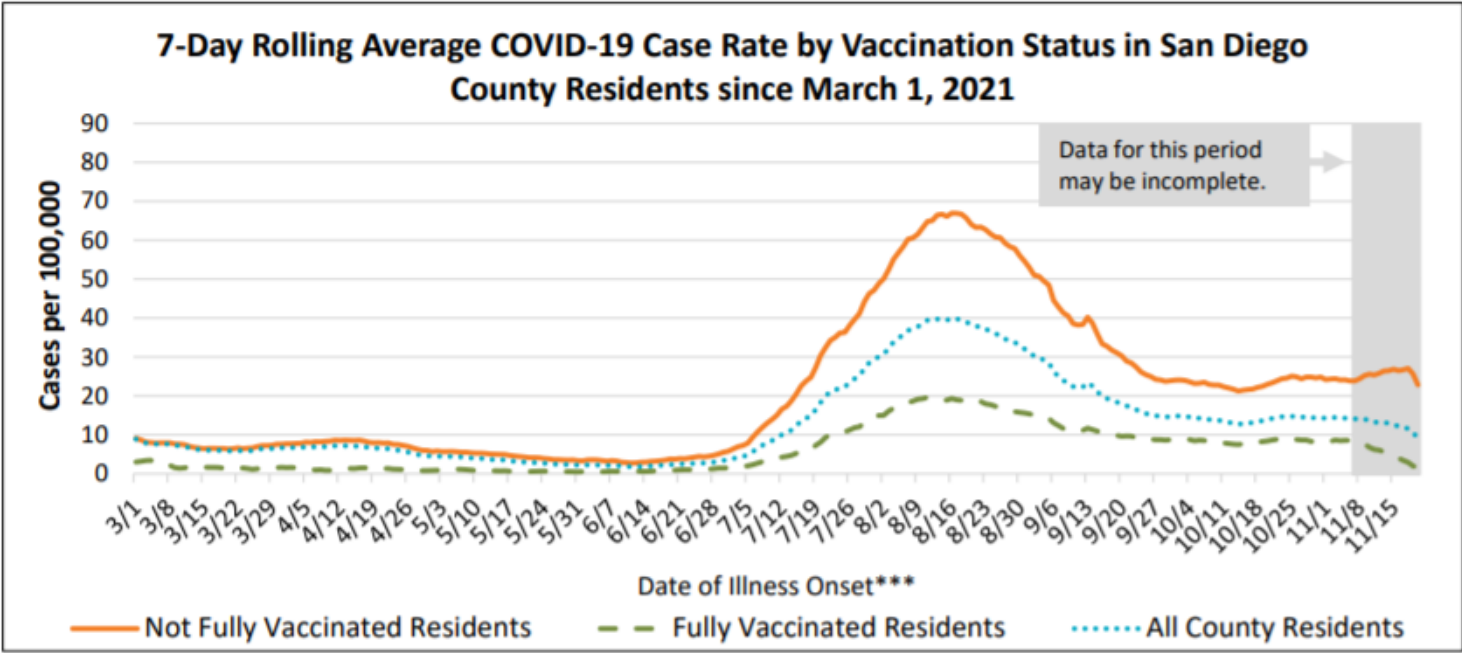
COVID-19 CASE RATE BY VACCINATION STATUS



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Case rate for not fully vaccinated residents is **3 times higher** than fully vaccinated residents

Average Daily Cases per 100,000 (7-day average with 14-day lag: 10/31/2021– 11/6/2021)		
Not Fully Vaccinated*	Fully Vaccinated**	County Overall
23.9	8.6	14.2



*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.

**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.

***If case did not have symptoms or illness onset date is unavailable, the earliest of specimen collection date, date of death, or date reported is used instead.

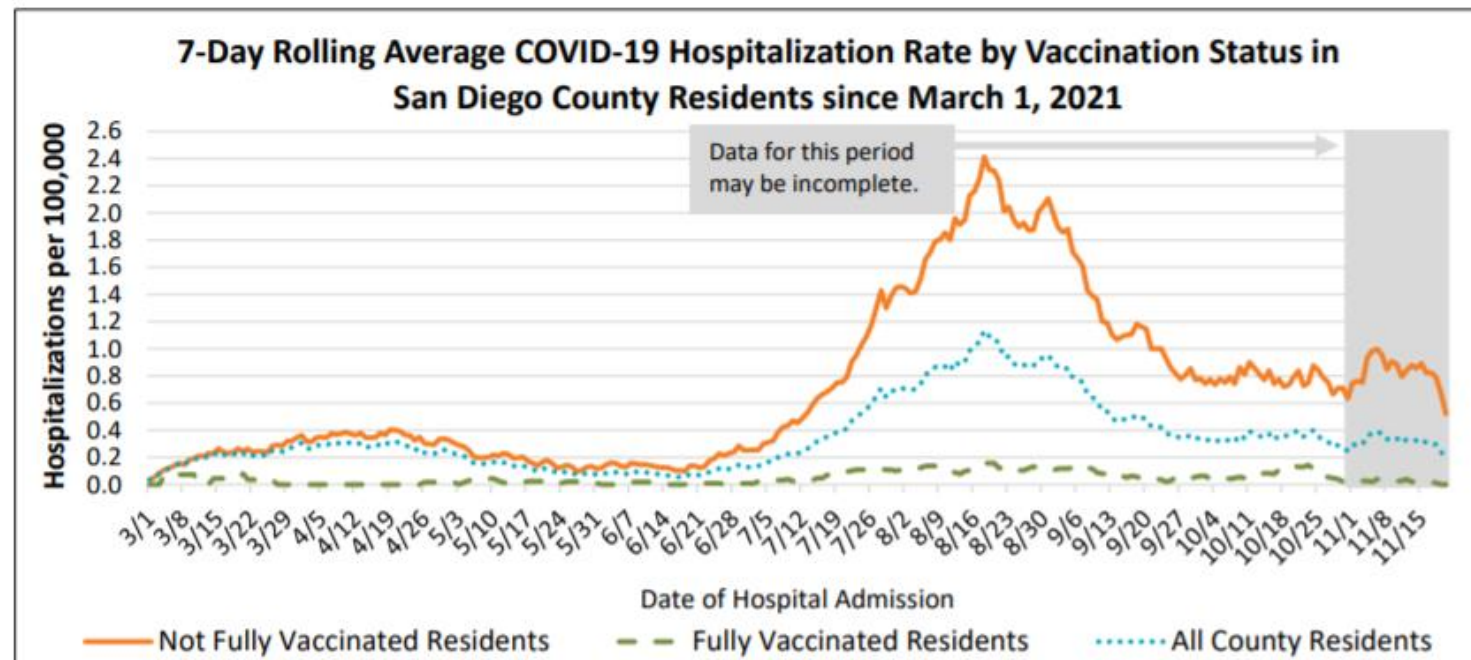
COVID-19 HOSPITALIZATION RATE BY VACCINATION STATUS



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Hospitalization rate for not fully vaccinated residents is **36 times higher** than fully vaccinated

Average Daily Hospitalizations per 100,000 (7-day average with 21-day lag: 10/24/2021 – 10/30/2021)		
Not Fully Vaccinated*	Fully Vaccinated**	County Overall
0.71	0.02	0.28



*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included. **Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine. For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#). Prepared by the County of San Diego. Data through 11/20/2021, updated 11/24/2021.

EARLY THERAPY FOR COVID-19 AVAILABLE AT NO COST



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Who can benefit from monoclonal antibodies?

Treatment	Prevention
<ul style="list-style-type: none">• People who have a positive test for COVID-19 and have mild to moderate symptoms, AND• Have had COVID-19 symptoms for less than 10 days, AND• Are at <u>high-risk</u> of getting very sick from COVID-19<ul style="list-style-type: none">• Examples include: 65 years of age or older, obese, pregnant, diabetes, heart disease, and high blood pressure	<ul style="list-style-type: none">• People who have been in <u>close contact</u> with someone with a positive test for COVID-19 OR at high risk of exposure, AND• Are not fully vaccinated OR not expected to mount an immune response
AND must be at least 12 years old	



Clinical studies show **≥ 70 % prevention** of hospitalization and death with monoclonal antibody treatment, and **≥ 70 % prevention** of transmission with monoclonal antibody prevention.



WAYS TO ACCESS MONOCLONAL ANTIBODIES

- Call **(619) 685-2500** with questions or to make an appointment
- For additional information visit: www.sandiegocounty.gov/COVIDHealthProfessionals
- Email us at: CovidTreatment@sdcounty.ca.gov
- If a skilled nursing facility is interested in monoclonal antibody treatment, contact the Mobile Monoclonal Antibody Administration Team at mcsdnursingmabinfusion.hhsa@sdcounty.ca.gov

In addition to monoclonal antibody treatment, the **Clairemont Friendship Center** can provide monoclonal antibodies for **post-exposure prophylaxis**. If you have been in close contact with someone who has COVID-19, call the Clairemont MARC site to see if you qualify to receive monoclonal antibodies.

LOCATIONS

MARC at
Vista Community Clinic

Vista

MARC at
Clairemont Friendship
Center

OPEN SATURDAYS
Clairemont

Family Health Centers of
San Diego

Hillcrest & Chula Vista

INTERACTIVE VENTILATION TOOL



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HVAC Operation

Off/Not applicable



Filter (Skip if no HVAC system)

Premium



Portable HEPA Air Cleaner

No



Open Window

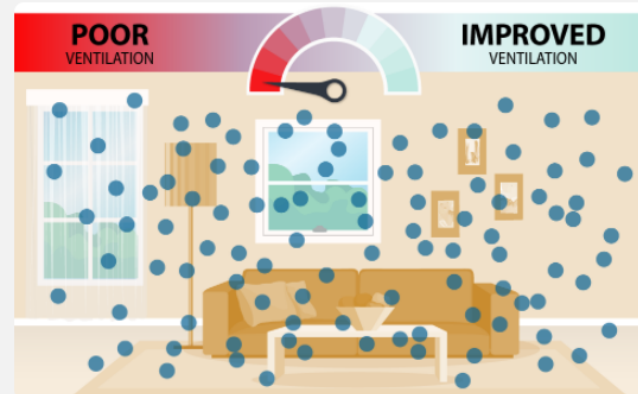
No



0% particle reduction achieved in your home by using ventilation.

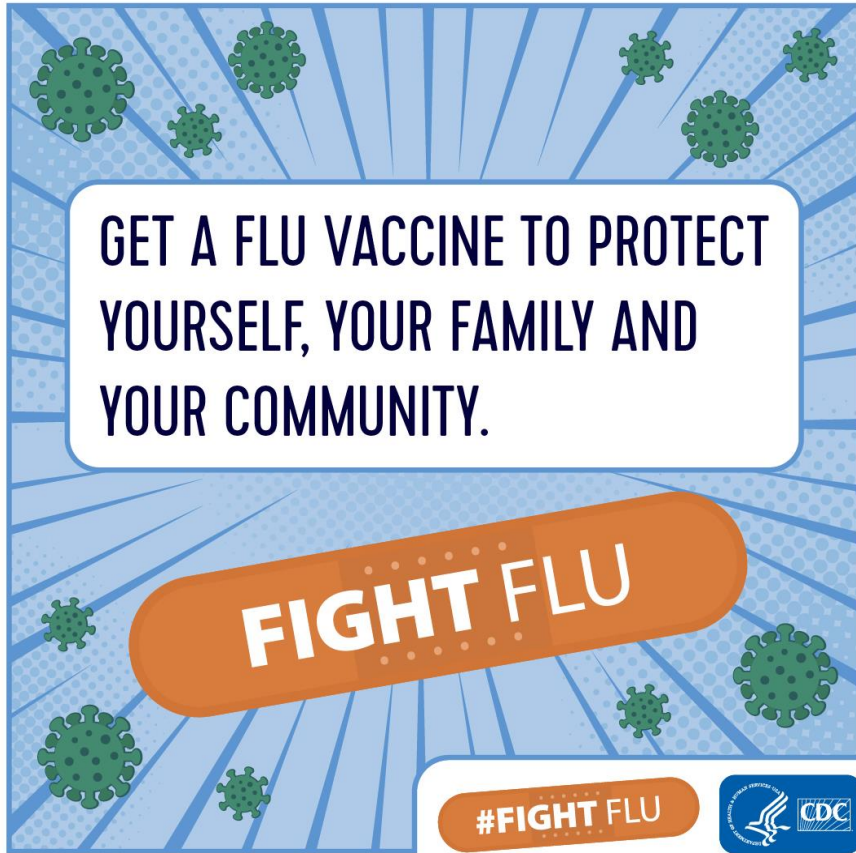
The risk of getting COVID-19 varies according to individual susceptibility and the number of virus particles to which a person is exposed. The **fewer** virus particles in the air, the better.

You can decrease particles even more by continuing to ventilate for an extra hour after the visitor leaves.



The CDC has a new [Interactive Ventilation Tool](#) that shows how particle levels change with different ventilation options. If guests visit your home, improving ventilation can help prevent you from getting and spreading COVID-19.

INCREASING FLU ACTIVITY, ESPECIALLY AMONG YOUNG ADULTS



View the [Influenza Watch](#) to learn more about influenza in San Diego County

- Flu activity is still low this season, but recently there has been an increase in cases.
 - This represents the first significant flu activity of the 2021-2022 season.
- Most new cases have been found in young adults and children.
 - The CDC has also received reports of flu outbreaks among young adults, possibly in college and university settings.
- The flu shot is recommended for everyone ages 6 months and older. Visit the County website for a list of [Flu Vaccine Locations](#).



REOPENING UPDATES

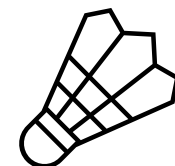
GARY JOHNSTON
CHIEF RESILIENCE OFFICER
COUNTY COVID-19 RESPONSE INCIDENT COMMANDER
COVID-19 REOPENING LEAD





CDPH UPDATE TO INDOOR ATHLETICS GUIDANCE

- Activities may be performed outdoors without masks.
- **Masks are required INDOORS at all times for:**
 - Teachers, referees, officials, coaches, and other support staff
 - All spectators and observers.
 - Participants who are not actively practicing, conditioning, competing, or performing.
 - This includes while participants are on the sidelines, in team meetings, and within locker rooms and weight rooms
- **When actively practicing, conditioning, or competing in indoor sports, masks are required** by participants even during heavy exertion, **as practicable.**
- If masks are not worn due to heavy exertion, it **is strongly recommended that individuals undergo screening testing at least once weekly.** An FDA-approved antigen test, PCR test, or pooled PCR test is acceptable for evaluation of an individual's COVID-19 status.





National Alliance on Mental Illness

NAMI | San Diego

Mental Health, Well-Being & Family Holidays

December, 2021



NAMI San Diego Mission



SUPPORT

People with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.



EDUCATE

People who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma.



ADVOCATE

For more research and an improved system of mental health services across the nation.

UNDERSTANDING MENTAL ILLNESS

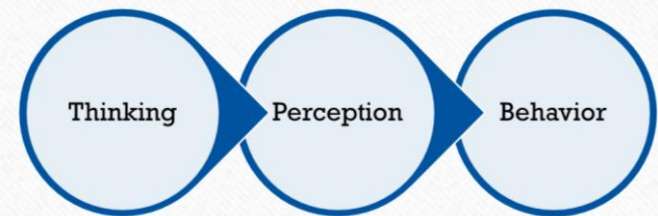
A mental illness is a condition that affects a person's thinking, feeling, or mood; and may affect someone's ability to relate to others and function each day.

Each person will have different experiences, even people with the same diagnosis.



Living with a Mental Health Condition

- Biological, Medical Condition
- Anyone Can Develop
- Are Common & Treatable
- 297 Diagnosis in the DSM V
- Average Delay Between Onset & Help



Tools for Mental Health



Family-to-Family

Friends Resource
Helpline 1-800-523-5933



Co-Occurring
Disorders

PEER WARM LINE
1-619-295-1055



Spouses

Family Support Group



SIBLINGS

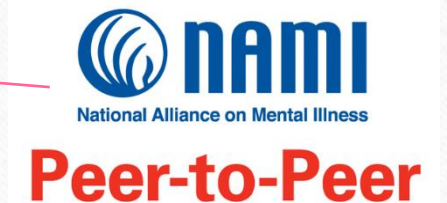
Family Support Group



**Family
Support Group**



PEP
**Parents
Empowering
Parents**



Recovery is Possible

Re·cov·er·y

noun

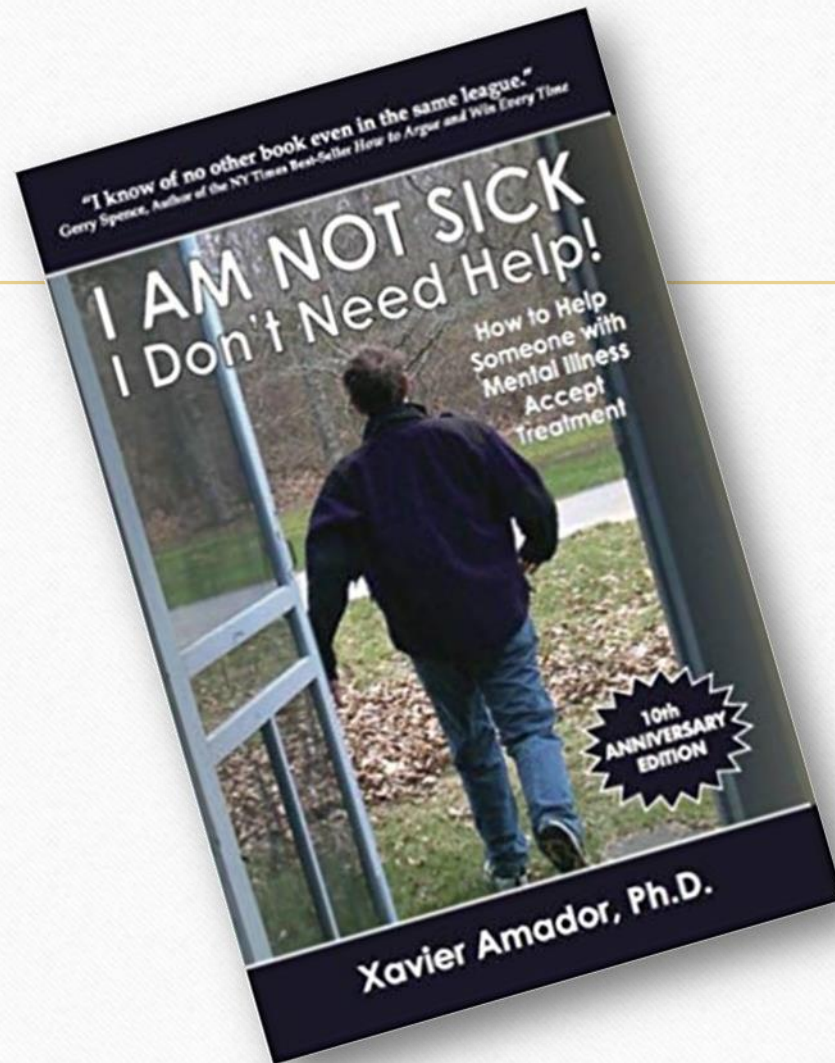
- 1. The act or process of becoming healthy after illness or injury.*
- 2. Restoration to a former or better condition.*



1. We will see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.

5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.

- 9. We embrace humor as healthy.
- 10. We accept we cannot solve all problems.
- 11. We expect a better future in a realistic way.
- 12. We will never give up hope.

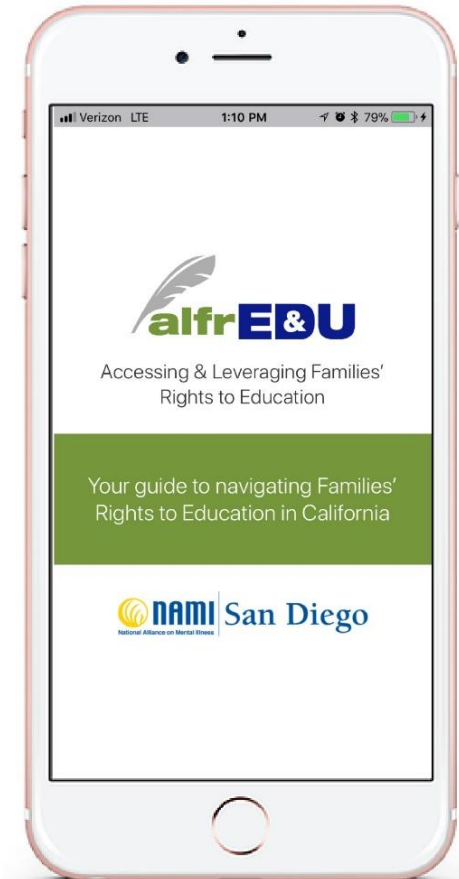
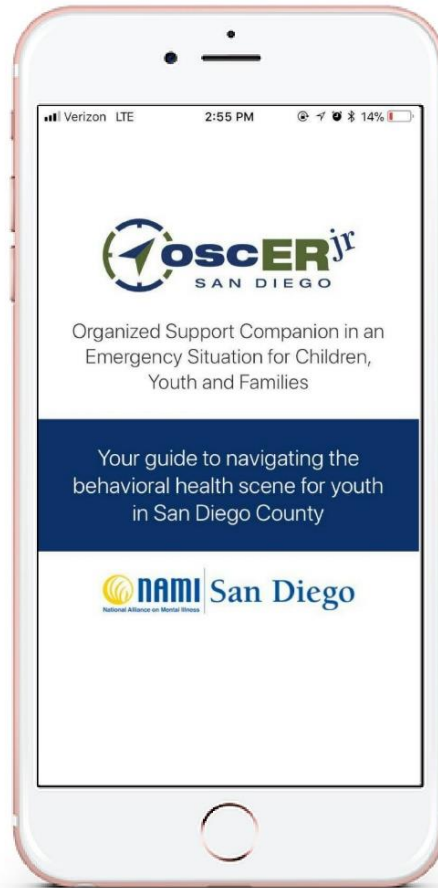


LEAP

Shows you how
to *quickly* gain the trust of
someone you are
at odds with.

Dr. Xavier Amador





- ☎ **NAMI San Diego Friends Resource Helpline**
1-800-523-5933
- ☎ **WARMLINE 1-800-930-9276** 3:30 - 11:00pm
A peer, willing to talk, ready to listen

www.NAMISanDiego.org

RESOURCES

PERT Psychiatric Emergency Response Team

[www.comresearch.org › pert](http://www.comresearch.org/pert)

 **9-1-1**

HENRY AMADOR CENTER / [I'm Not Sick, I Don't Need Help](#)

Dr. Xavier Amador <https://lfrp.org/home>

 **Access & Crisis Line 1-888-724-7240**

 **2-1-1**



nami San Diego
National Alliance on Mental Illness

THANK YOU!

WWW.NAMISANDIEGO.ORG



CLOSING





From the Community & Faith-Based Organizations Sector



STAY CONNECTED!

- For additional questions and resources, please email: Covid-CBO-Faith@sdcounty.ca.gov
- [Faith-Based Organizations Website](#)
- [Sign up for email updates](#)
- [View the full list of COVID-19 Faith-Based FAQs](#)

